

## Navy Suicide Prevention INDIVIDUAL STRESS NAVIGATION PLAN

Effective stress navigation doesn't start once stress becomes a distraction; it starts by planning ahead and exploring our available resources while we're still **emotionally and physically healthy**. This Stress Navigation Plan is **your own** prioritized list of **positive** strategies and support resources that you can refer to in times of stress or adversity. Keep it in an easily accessible place (ex. your desk drawer or as a photo in your smartphone) so that you can use it to help you make healthy decisions during life's inevitable challenges. Your Stress Navigation Plan is a **personal, confidential and proactive tool** to help you thrive during adversity, not just survive.

1.	How do	I know when	I'm strassad	Out?
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- a. Physical signs (ex.: change in energy level, muscle tension, etc.):
- b. Emotional signs (ex.: negative thoughts, feeling overwhelmed or anxious, easily agitated, etc.):
- c. Social or behavioral signs (ex.: withdrawing from friends or family, lashing out in anger, increased alcohol, drug or tobacco use, etc.):

## 2. These strategies or actions help me when...

- a. I need a good laugh:
- b. I need to relieve stress on my own:
- c. I need to reenergize my connections with others and/or my spirituality:
- d. I am not able to sleep:
- e. I find myself thinking negatively and need to refocus:

## 3. Who do I talk to or reach out to when I encounter... (list names and phone numbers)

- a. Unfamiliar situations or life changes?
- b. Work or career stress?
- c. Relationship stress?

Life Counts!

## Ask Care Treat

d. Financial stress?				
e. Feelings of despair and/or loneliness?				
f. Grief, loss or feelings of failure?				
4. Today I am grateful for:				
5. One thing I look forward to accomplishing in the future is:				
Your Local Resources:				
⇒ Command Chaplain (name, location, phone number):				
⇒ Local Fleet and Family Support Center (location and phone number):				
Other Stress Navigation and Crisis Resources:				
⇒ <b>Military Crisis Line:</b> Confidential support 24-hours a day, 7 days a week. Call 1-800-273-TALK (8255) Option 1, text 838255, or chat online at <a href="https://www.veteranscrisisline.net">www.veteranscrisisline.net</a>				
⇒ <b>Military OneSource:</b> Confidential non-medical counseling and services. 1-800-342-9647 or online at <a href="https://www.militaryonesource.mil">www.militaryonesource.mil</a>				
⇒ Navy Chaplain Care: What you say to a Navy chaplain stays with a Navy chaplain unless you decide otherwise. Speak				
with your nearest command chaplain or request chaplain support through Navy311.  Call 1-855-NAVY-311, email Navy311@navy.mil or visit www.navy311.navy.mil.				
Seeking help is a sign of strength. It's okay to speak up when you're down.				